## City of San Ramon

# Learn-to-Swim Program

Swim Lessons Foster Human Development and Promote Health & Wellness

The City of San Ramon Learn-to-Swim program uses the guidelines of the American Red Cross. Our program offers comprehensive course levels that teach participants how to swim skillfully and safely. We offer lessons for a wide range of age groups and skill levels.



#### **How to Register**

You can register by visiting <a href="www.sanramonrecguide.com">www.sanramonrecguide.com</a> or fill out a registration form which can be found at any City of San Ramon community center or aquatic facility. For more information on registration please contact the front counter at 925-973-3240.

Lesson times and location vary. You can find more information about Swim Lessons in the San Ramon Recreation Guide or by calling the San Ramon Olympic Pool & Aquatic Park at 925-973-3240.



## American Red Cross

#### Learn-to-Swim Classes Available Summer 2014

- Parent-Tot 6mo—3 yr
- 3-5 Year Old Lessons
- ♦ Jelly Fish, Seahorses &Turtles
- ♦ Otters, Stingrays & Sharks
- Dolphins
- > Adult/Teen
- Introduction to Diving
- Advanced Diving
- ♦ Introduction to Water Polo
- ♦ Private Lessons

#### **Summer Session 1**

Mon-Fri. June 16 –20

#### **Summer Session 2**

Mon-Thurs. June 23—Jul 3

#### Summer Session 3

Tue-Mon. July 7—July 17

#### **Summer Session 4**

Mon-Thurs. July 21 - July 31

#### **Summer Session 5**

Mon-Thurs. Aug 4 – Aug 14

#### **Summer Saturday 1**

Sat. June 21 –July 19

#### **Summer Saturday 2**

Sat. July 26—Aug 16

### Lessons available at these locations:

San Ramon Olympic Pool & Aquatic Park 9900 Broadmoor Drive

#### **OR**

Dougherty Valley Aquatic Center 10550 Albion Road

